

HEALTHY HABITS



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THE CHILDREN'S CENTER



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Sensible Snacking

Parent Tip Sheet #6

Snacking can be done in a healthy way. Healthy snacking in moderation prevents over eating at the next meal, or over indulging in unhealthy snacks between meals. Below are some tips for sensible snacking:

- Do your snack research! Be sure to look at nutrition labels for trans fats or high sugar content. Don't be fooled by the product's advertising.
- Pre-portion healthy snacks into small clear baggies. Some good things to try are: grapes, low sodium pretzels, almonds, healthy nut mixes, precut veggies.
- Create a snack basket and keep all of the approved snacks there. Once the children learn that this is their snack box, they will enjoy being able to choose which healthy snack they wish.
- Make a box for the pantry and the fridge. Be sure to clearly label the snacks and have them in a place that the children can see.



Try Healthy Trail Mix

Help your children make a healthy trail mix using some of their favorite ingredients.

Good things to add:

- Raw almonds*
- Raw sunflower seeds
- Dried banana chips
- Dried apricots
- Unsweetened dried pineapple
- Unsweetened cereal
- Low-fat granola
- Semisweet chocolate chips



*If your child is allergic to nuts, try using cereal with added protein

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